Coming soon – the True Colors Healthy Eating Adventure.

Most American plates are full of beige food – bread, cereal, chicken and more. Adding a variety of colorful red, green, orange, yellow, purple and white produce is important for your best health. Each color has powerful nutrients that support every healthy function in your body – from cell repair to mood balance. So get ready to turn up the color volume by joining the **True Colors Healthy Eating Adventure**.

Sign up now! Then from October 5 to November 15, your goals are to:

- **1. Eat healthy.** Strive to eat at least 2 cups of fruit, 2 1/2 cups of vegetables and drink at least 6 cups of water every day.
- **2. Track your servings.** Use your Healthy Lifestyles servings tracker to track fruit, vegetables and water at least three times each week.
- 3. Be active. Chat with others in the True Colors group.

How the adventure works

True Colors runs for six weeks and when you sign up, you'll get weekly tips and links to:

- Informative articles.
- A color-of-the-week recipe.
- A chart listing the types of produce by color and their healthy benefits.
- How-to information including videos for selecting, storing and preparing fruits and vegetables.

How do I start?

- Sign up! And don't forget to join the True Colors group.
- 2. Track your servings at least three days each week during the Adventure for a chance to win one of ten water bottles with fruit infuser!
- **3. Keep going!** Track your servings for all six weeks and encourage others by posting in the True Colors group.

Join the adventure today:

- Log in to <u>anthem.com</u> and go to the Health & Wellness tab. Then cllick Get Started to access Healthy Lifestyles.
- 2. Click on the **Groups & Challenges** tab.
- 3. Select the **True Colors** group and click **Join This Group**.
- 4. Make sure to add the Healthy Lifestyles servings tracker. You can add it under the My Well-Being Plan tab. <u>Click here</u> for step-by-step instructions on how to join the group and add your servings tracker.





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